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# THE ART OF PEACE

AFTER A TUMULTUOUS DECADE, MUCH IS RIDING ON OLP'S NEW ALBUM PAGE 10



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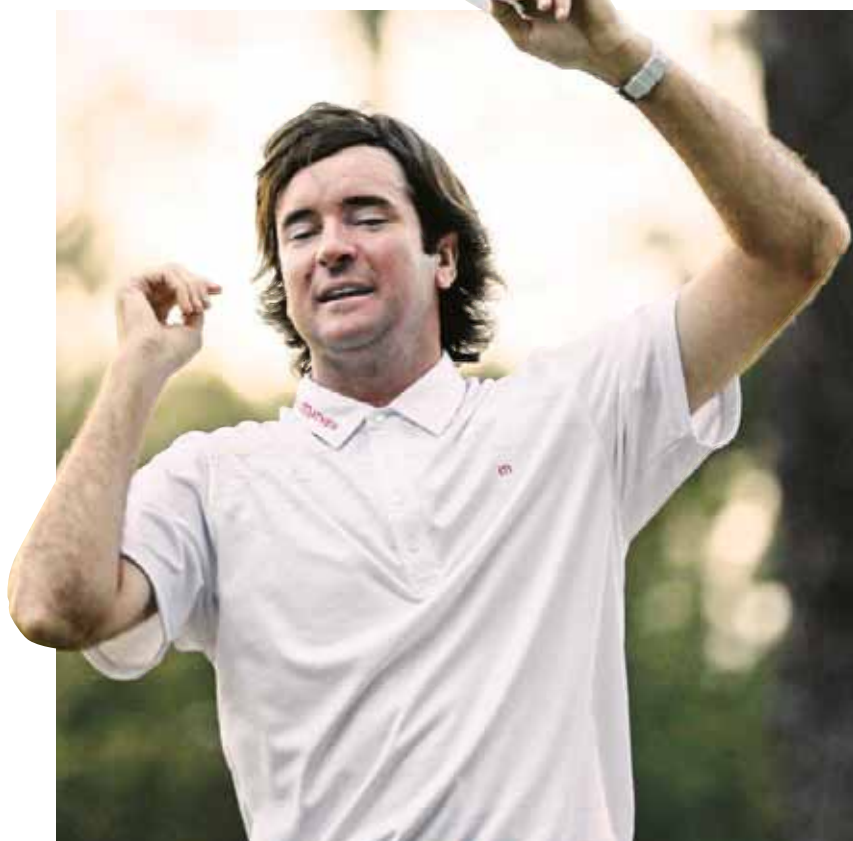
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Monday, April 9, 2012



News worth sharing.



## BUBBA DID IT!

Bubba Watson raises his cap after winning the Masters golf tournament on Sunday following a nail-biting sudden-death playoff on the 10th hole in Augusta, Ga. Story, page 21. DAVID J. PHILLIP/THE ASSOCIATED PRESS

# Transit tweets causing flap for drivers, union says

**Social media.** Some operators worry the push to engage with riders in real time is going too far



**JEREMY NOLAÏS**  
jeremy.nolais@metronews.ca

Chirping from transit riders via social media is fuelling "extreme micro-managing" of drivers that can lead to dangerous distractions, say union representatives.

Calgary Transit has prided itself on the ability to engage with users through its Twitter ac-

count, which as of Sunday had more than 14,000 followers.

But union head Mike Mahar said while he has no problem with that, some passengers have taken to constantly venting minor frustrations that are being constantly relayed back to the driver.

"The numbers (of complaints) becomes so great," he said. "You're interacting (with management) virtually all day long with a moving vehicle in heavy traffic.... Some of it is so minor a driver wouldn't even be able to reflect back on it."

Mahar said petty complaints can encompass everything from a driver making a hard brake

around a single corner to a bus arriving at a stop just minutes late.

Calgary Transit spokesperson Ron Collins said drivers are being held to the same level of accountability as always.

"If there is a complaint we'll look into it, just like we would if they were to call the call centre," he said.

Mahar said the union plans to continue monitoring the situation before deciding whether to file a formal grievance.



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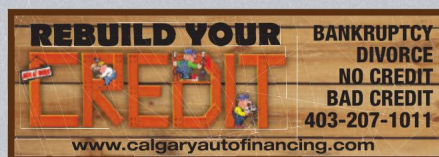
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## Technology. Permanent people counter will be fixed to Peace Bridge

If you set foot on the Peace Bridge, the city will know about it.

City officials say permanent pedestrian and cyclist-counting technology will be put in place later this summer to help gain a better understanding of the number of people utilizing the structure.

"We do it in roads quite often," said Don Mulligan, director of transportation planning with the city. "They're built into the road and we've been doing it for years, but we've never done that for walkers and cyclists."

Mulligan said they're exploring installing two different technologies: One would count everyone as they step on the bridge, the second would likely be a separate detector in the asphalt leading up to the bridge that would detect bicycles.

The number of cyclists would be subtracted from the overall number to determine the number of pedestrians.

"The counters on the Peace Bridge will give us a much better idea from month to month, from week-ends, weekdays, depending on the weather, 24 hours, et cetera. It will give us a lot more information than we've had in the past," said Mulligan.

He said there is also potential to utilize video footage taken from security cameras that will be installed around the bridge and, using a software program, convert the video into a number count.

Mulligan said they will continue to count motorists, pedestrians and cyclists every May as they've done for decades.

He estimates the cost to install the counting technology will be less than \$10,000.

KATIE TURNER/METRO

### Preliminary numbers

A preliminary count was conducted during a 24-hour period on March 27 and 28.

- That count showed 4,400 users were on the bridge — 89 per cent pedestrians and 11 per cent cyclists.
- City officials estimate 5,000 people per day will eventually use the Peace Bridge.

## Local man charged. Alleged arson attempt at nightclub a 'huge concern,' police say

Police say hundreds of Calgary partygoers were put at risk early Sunday after a disgruntled patron allegedly attempted to set a popular country nightclub on fire.

The incident occurred around 2 a.m. in the 9600 block of Macleod Trail South at the Ranchman's Bar, which still had up to 700 patrons in it at the time.

A person who had been ejected from the venue five hours prior for an undisclosed reason poured a substance believed to be gasoline on the bar's north doors and lit it on fire, according to police.

Those very same doors would typically be used by hundreds in attendance to exit the nightclub in the event of a fire, said police Insp. Keith

Cain.

"Certainly this is a huge concern for us," he added. "You have to wonder what kind of individual would do something like this. It was a very scary thing that occurred."

Quick-acting staff rushed with buckets of water to douse the flames.

The suspect attempted to

flee through a parking lot but was chased down with the assistance of HAWCS and the police K-9 unit.

Cain said he was not aware of any other arson attempts at Calgary nightclubs in the past.

Calgarian Billy Sean Quinn, 22, has been charged with one count of arson with disregard for human life.

JEREMY NOLAIS/METRO

## Upcoming debate could be watershed for Redford, PCs

### Critical period.

Premier Alison Redford will need to deliver the debate of her life this week to save a 40-year-old Progressive Conservative dynasty from the scrap heap, say analysts

With the provincial election campaign at the halfway point, Premier Alison Redford is preparing for a televised leaders' debate Thursday that she hopes will turn around a campaign beset by mistakes, missteps and criticism coming at it from all directions.

"The debate is absolutely crucial this time. This is the first head-to-head confrontation for the leaders," said Keith Brownsey, a political scientist with Mount Royal University.

"We know from studies that voters make up their minds 14 days to 10 days out. It's a critical period we're en-

### Leading the race

Recent polls suggest the Wildrose party has a lead over the governing Tories.

- The Progressive Conservative party has governed with a majority in Alberta since 1971.

### Latest shooting

Police question five people after men shot near bar

Police are investigating after two men were shot near a southwest bar early Sunday.

The incident took place around 2 a.m. in the 900 block



Premier Alison Redford, seen here on a campaign stop in Calgary on Saturday, will have to make an impression on voters in this week's televised leaders debate, according to political scientists.

JEFF MCINTOSH/THE CANADIAN PRESS

tering."

University of Calgary political scientist Doreen Barrie said Redford must do more Thursday than simply attack Wildrose Leader Danielle Smith, who has been scram-

bling of late to clarify where she and her party stand on social issues such as abortion and conscience rights.

"She has to come across as being competent and decisive," said Barrie.

### Suspect sought

One injured in SW Calgary stabbing

Calgary police are on the lookout for a suspect in a stabbing that took place early Sunday.

An altercation between

two males is believed to have occurred in the 500 block of 11 Avenue Southwest around 2 a.m.

The victim suffered an upper-body wound and is currently in stable condition.

Police are looking for a 25- to 28-year-old Caucasian male, approximately five-foot-eight in height, with short, dark hair. METRO

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NEWS

### On the web

## Senior WOWS crowds

Eighty-six-year-old Johanna Quaas could put gymnasts a quarter her age to shame.

Last month, the springy silver-haired octogenarian wowed a crowd during parallel-bar and floor-exercise rotations at the Cottbus Challenger Cup in Brandenburg, Germany. Watch at metronews.ca

## Plush pugilism

Eighty feathers and fluff were afloat in Berlin after a flash-mob pillow fight took to the city's famous Brandenburg Gate. Watch at metronews.ca.

### Mobile news



Britain's Olympic chief fears the London Games could be marred by a protest like the one that disrupted the Boat Race between Oxford and Cambridge on the River Thames. Scan the code for the full story.

## Recovery. 20-year-old communicating after double-lung transplant



JOE LOFARO  
Metro in Ottawa

Hélène Campbell is showing signs of recovery from her seven-hour double-lung transplant — spelling words and breathing a bit on her own, her mother tweeted Sunday.

The 20-year-old Barrhaven, Ont., woman who launched a powerful organ-donation awareness campaign after being diagnosed with advanced pulmonary fibrosis last summer underwent surgery Friday morning at Toronto General Hospital.

On Sunday, her mother, Manon Roy Campbell, tweeted,

### Survivor

**“That gift of life is something that we will honour.”**

Alan Campbell, father of Hélène

“With an alphabetic board, Helene is spelling words to communicate when awake. She was doing some leg exercises while in bed this afternoon!”

In a previous tweet, Campbell also said, “Helene continues to remain stable, she is able to do some breathing on her own but is still helped with the ventilator.”

### Hateful emails

## Bible ban evokes threatening letters

A public school board's decision to ban distribution of Gideon Bibles to its young students has unleashed a torrent of threatening calls and hateful emails directed at trustees.

Some messages to the Bluewater District School Board express racist sentiment and question trustees' patriotism.

“Allowing newcomers to Canada the ability to walk all over our heritage has got to stop before they carry us into the realm of a warring nation like the one they often left behind,” one email said.

THE CANADIAN PRESS

# McGill student suing U.S. government for border interrogation

**Lawsuit.** Student's lawyers argue search was unconstitutional, but government says it has right to search at border without cause

A Montreal university student was detained at the U.S. border, held for several hours, interrogated, had his personal belongings searched and saw his computer confiscated for over a week.

What caught the authorities' attention? His doctoral research on Islamic studies, he says.

In a case that has attracted media attention in the U.S., Pascal Abidor has become embroiled in a drawn-out legal battle with the American government.

Abidor, a 28-year-old American and French dual citizen, was returning by train to Brook-



Pascal Abidor, an Islamic studies doctoral student, poses at McGill University in Montreal on Wednesday. Abidor was detained at the U.S. border and saw his computer confiscated for over a week. GRAHAM HUGHES/THE CANADIAN PRESS

lyn in May 2010 when a U.S. Customs and Border Protection agent stopped him at the border in Champlain, N.Y.

The agent turned on Abidor's computer and found photos of rallies by the Hamas militant group. He says he explained that he had downloaded them from Google as part of his McGill University doctoral dissertation on the modern history of Shiites in

Lebanon.

When Abidor's laptop was returned 11 days later, there was evidence that many of his personal files had been opened, he said. A federal judge heard arguments in July 2011 by the U.S. government for throwing out the lawsuit. The judge has yet to rule on whether he will dismiss the case.

THE CANADIAN PRESS

### Escalating costs

## Jets' price tag not news to MacKay

Defence Minister Peter MacKay says he was aware two years ago that it would cost closer to \$25 billion to buy a new fleet of F-35 stealth fighter jets.

That's about \$10 billion more than the nearly \$15 billion the government has maintained would be the price of the 65 radar-evading aircraft.

MacKay was asked on CTV's Question Period whether he was aware of the higher internal number. He said the higher number takes into account the ongoing cost of pilots' salaries and other costs associated with operating the current fleet of CF-18 jet fighters.

“Yes, and it was explained to me just that way, that the additional \$10 billion was money that you could describe as sunk costs, that is what we're paying our personnel, and the fuel that is currently being expended in CF-18s, jet fuel, maintenance costs, what we are currently spending,” MacKay said.

THE CANADIAN PRESS

## Arrests in spate of five shootings in Tulsa. Black community terrorized

Police backed by a helicopter arrested two men early Sunday and said they would face murder charges in the recent shootings that terrorized Tulsa's black community.

Three people were killed and two others were critically wounded.

Police spokesmen said the two men were arrested at a home just north of Tulsa at about 2 a.m. on Sunday and were expected to be charged with three counts of first-degree murder and two of shooting with intent to kill.

While police identified the men as white and all the victims were black, authorities have not described the shootings as racially motivated and declined to discuss that issue.

But community leaders expressed concern about the motivation for the shootings on Tulsa's predominantly black north side, as well as the possibility that they would provoke a vigilante response.

Rev. Warren Blakney Sr., president of the Tulsa chapter of the National Association for the Advancement of Colored People, a civil-rights organization, said that word of the arrests had provided a

great sense of relief.

“The community once again can go about its business without fear of there being a shooter on the streets on today, on Easter morning,” he said.

Police said they linked the shootings because they happened at about the same time and within a few kilometres of each other.

All five victims were out walking when they were shot. Four were found in yards, and one in the street.

Police have said they don't believe the victims knew each another. They identified the men in custody as Jake England, 19, and Alvin Watts, 32, but gave no hometowns for them.

Officers said they were taken early Sunday for questioning at a downtown Tulsa police station, where they would be booked and jailed.

Tulsa police Chief Chuck Jordan called the attacks vicious and cowardly. Police said they did not have a motive for the shootings.

“There obviously still is a lot of investigation” ahead, one senior officer said Sunday.

THE ASSOCIATED PRESS

### Avalanche in Kashmir

## Army digs through snow and rock to save 135 missing

Rescue workers used bulldozers Sunday to dig through huge banks of snow after a massive avalanche a day earlier that engulfed a military complex and buried at least 135 people.

Most of the missing people are soldiers stationed in a mountain battleground close to the Indian border.

More than 24 hours after the disaster at the entrance to the Siachen Glacier, no bodies have yet been recovered.

The army said 240 troops and civilians worked at the scene Sunday with the aid of sniffer dogs and heavy machinery, some of which was flown in on military aircraft.

They struggled to dig through 25 metres of snow, boulders, mud and slush that buried the rear headquarters building.

The area is claimed by both India and Pakistan.

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# Carney urges smarter development of natural resources

**Exports.** Natural-resource industry needs to ensure it is being paid global rates for its products, Bank of Canada governor says

Part of the solution to Canada's poor export performance lies with natural resources, but simply pumping oil out the door won't suffice, says the governor of the Bank of Canada.

Mark Carney recently chastised Canadian business for being trade laggards since the 2008 recession, saying they have not done enough to infiltrate growing markets.

Carney said opportunities in natural resources abound in Canada, but they need to be developed quickly, efficiently — and sustainably.

"These opportunities exist at a time when there are other opportunities in other jurisdic-



Bank of Canada Gov. Mark Carney  
FRANK GUNN/THE CANADIAN PRESS

tions, other countries. So there is an element of competition here, and we need to be appropriately efficient in their development," Carney said in an interview with The Canadian Press.

Canadian business should count on commodities prices and the Canadian dollar staying relatively strong over the long term and calculate their costs and revenues accordingly, he

said.

"The scale of the natural resources opportunities are huge (and) should be developed in a sustainable way," he stressed, opting to use the term "sustainable" at a time when federal budget directives dropped the notion of sustainable development and replaced it with "responsible" exploitation of resources. **THE CANADIAN PRESS**

## Pipeline. Aboriginals growing more dismayed with hearings process

The federal government's decision to put a cap on how long environmental-assessment hearings can drag on isn't expected to affect the Northern Gateway pipeline project, but aboriginal reaction to the change probably will.

Natural Resources Minister Joe Oliver says Ottawa isn't planning to fast-track the approval process for the proposed \$5.5-billion pipeline, despite his government's announcement in last month's budget they would limit project reviews to 24 months.

The Gateway assessment was always scheduled to be completed within that time frame.

But aboriginal leaders in British Columbia say they are becoming increasingly dismayed with the public-hearing process and are now seriously considering bypassing the hearings and heading straight to court.

Coastal First Nations spokesman Art Sterritt said the cancellation of a day and a half of scheduled review-panel hearings in the central

### Panel process

- A three-member panel is assessing the environmental effects of the project and is reviewing the Enbridge application under both the Canadian Environmental Assessment Act and the National Energy Board Act.
- Under the act, the panel will decide if the project is in the public interest. It will assess its environmental effects and make recommendations to the Conservative government.

B.C. coastal community of Bella Bella last week signalled to many aboriginals that Ottawa has already heard enough from Northern Gateway's opponents.

"My guess is they are now going to try and shut it down by the fall," said Sterritt, whose organization is an alliance of about a dozen First Nations along B.C.'s north and central coasts and Haida Gwaii.

**THE CANADIAN PRESS**

### Safety concerns

## Ford recalls Focus vehicles

Ford is recalling more than 140,000 Focus compact cars because the passenger-side windshield wiper can fail.

U.S. federal-safety regulators say a seal in the wiper motor wiring may be missing. Water can get inside and cause the wiper to stop working, increasing the risk of a crash.

There are 19,062 Focus vehicles in Canada that are involved in the recall.

**THE ASSOCIATED PRESS**

### Market Minute

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# AT&T workers' contracts expire



The AT&T logo is displayed on the side of the company's office in Springfield, Ill. **SETH PERLMAN/THE ASSOCIATED PRESS FILE**

About 40,000 AT&T landline workers will stay on the job this week without a contract, their union said Sunday.

The workers' contracts expired over the weekend, raising the possibility of a strike. But the Communications Workers of America and AT&T said that they'll keep working on a new deal.

CWA spokeswoman Candice Johnson said union representatives met with AT&T on Sunday after talks ended late on Saturday. She doesn't know how long it will take to reach an agreement.

"Everyone wants to get this done soon," Johnson said.

The employees, meanwhile, will continue to receive the same wages and benefits as before. If negotiations break down, they still have the option to call for a walkout.

AT&T spokesman Marty Richter also said talks were ongoing. He said earlier that the company has been planning for the possibility of a strike for two years, and managers and vendors will step in to keep service running if there is one.

At issue in the negotiations are job-protection clauses and health-care premiums and co-payments. AT&T says it wants employees to shoulder more of their growing health-care costs and more leeway to downsize its shrinking landline operations.

Some of its workers have contracts that guarantee them job offers at different parts of the company if they're laid off.

Union organizers point to the overall financial health of the company, which posted a profit of \$4 billion US for last year. **THE ASSOCIATED PRESS**

### TSX

## Stocks face tough week amid faltering U.S. jobs market

The Toronto stock market faces an uphill struggle for gains this week after five straight weeks of losses, as traders focus on data showing the U.S. job market stalled last month and the start of the U.S. reporting

season for first-quarter earnings.

The U.S. Labour Department reported Friday that job gains came in at 120,000 during March, down from more than 200,000 in each of the previous three months.

"It was disappointing — it was the weakest in a number of months, but there are still jobs being created," said Jennifer Lee, senior economist at BMO Capital Market.

"Expectations were riding really high ahead of this number because of all the positive indicators that we have seen lately."

Reports last week showed the service sector expanded at a healthy clip in March and increased hiring while a survey by payroll firm ADP said the private sector had created 209,000 jobs last month.

The Toronto stock market lost 289 points or 2.33 per cent last week, leaving

the TSX up just 1.23 per cent year to date.

Even before the release of the American jobs report, traders were set for some unpleasant surprises amid diminished earnings expectations.

This is going to basically be reality bites," said Gavin Graham, president of Graham Investment Strategy.

"You should not expect good strong growth in earnings in this first quarter."

**THE CANADIAN PRESS**

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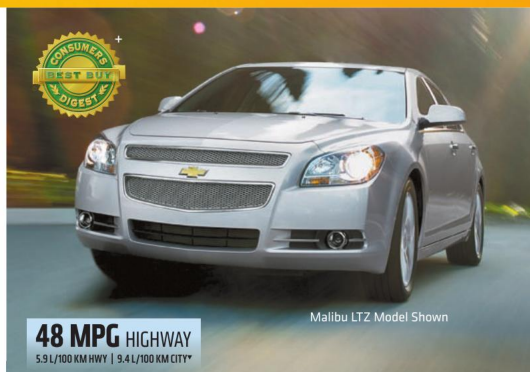
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# NO JOKE — ALACHEWAN HAS A NICE RING TO IT



**URBAN  
COMPASS**  
Paul Sullivan  
edmonton@metronews.ca

Some of the best ideas have humble beginnings.

For example: The April Fool's Day news release from the Wildrose party announcing plans to pursue a merger between Saskatchewan and Alberta. Would you believe Saskberta?

The tongue-in-cheek release went on to propose that the capital of the conjoined province be relocated in Lloydminster and renamed Regimonton.

All very amusing. But now that we've had a few days to absorb it, is this not the best idea to come out of Alberta since Family Day?

Think about it. Saskatchewan is great, but Saskberta is greater, exactly 661,848 square kilometres greater. Instantly bigger than Ontario, smaller only than Quebec and Nunavut, which don't really qualify as provinces. (Quebec is a nation, right?)

From our new vantage point in Regimonton, we can survey our vast domain and all the new goodies.

For the first time, Saskatchewan can be described as "mountainous" (Diefenbaker doesn't count).

For the first time, Alberta gets a real football team.

Of course, we'd have to straighten a few things out. The name, for example. Saskberta is, literally, a joke. And it's not fair that Alberta gets the majority of syllables. I propose Alachewan, which flows off the tongue compared to the awkward, herky-jerky Saskberta, which sounds like a cross between a poisonous plant and a semi-mythical woodland creature. Alachewan, in addition to being syllable-fair, sounds like a James Cameron movie.

It would also put a quick end to the idea of calling the province's third NHL team the "Saskberta Grain Elevators." How can you tell the release was written by some political geek? Everybody knows you name your NHL team after a cool beast, such as the Alachewan Grinding Gophers. Good in the corners.

We could also re-examine Regimonton. Now that the province will at least double the number of politicians in the legislature, perhaps Caltoon would be more appropriate.

The more you think about it, the more it makes sense. And it comes at a time when the two provinces have the strongest economies and the lowest unemployment in the country. People from the east who now migrate to Alberta won't have as far to go before they get here.

Really, it's the same place, a place where the skies are not cloudy all day and the cities are constructed around the principle of ample parking. We have everything, and with the merger we'll simply have more.

All except one thing. The news release points out that the merged province would acquire "access to a deepwater port to facilitate exports of Alberta's energy products." Er, April Fool.

For that we'd have to annex Manitoba.  
Bwa-ha-ha.

## Retracing Titanic's path

All aboard

### Cruise recreates experience 100 years later

Mary Beth Crocker Dearing and her husband Tom Dearing from Newport, Ky., pose for the media in period costume as they wait to board the MS Balmoral cruise ship in Southampton, England, on Sunday.

Nearly 100 years after the Titanic went down, a cruise with the same number of passengers aboard is setting sail to retrace the ship's voyage, including a visit to the location where it sank. The Titanic Memorial Cruise departed Sunday from Southampton, where the Titanic left on its maiden voyage. Organizers are trying to recreate the on-board experience minus the disaster from the food to a band playing music from that era. **THE ASSOCIATED PRESS**

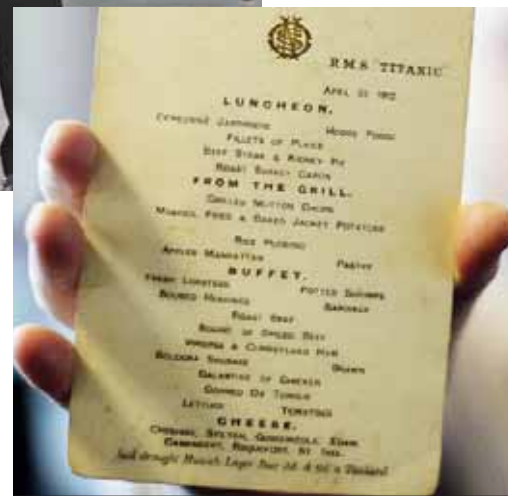


ALASTAIR GRANT/THE ASSOCIATED PRESS



A mockup of a first-class dining table from the Titanic is seen in the check-in area for the MS Balmoral Titanic memorial cruise.

ALASTAIR GRANT/THE ASSOCIATED PRESS



An original Titanic menu from April 10, 1912, has recently been sold for \$122,000 US as part of a unique exhibition on display at Belfast City Hall, Northern Ireland. **PETER MORRISON/THE ASSOCIATED PRESS**

## Worth mentioning. Need a special figurine for your wedding cake? Call Alberta

Spring brings showers, flowers, and dreams of the perfect wedding, complete with the perfect table settings, decorative bows, aisle runners and stationary holders.

But many couples heading for the altar might be surprised to learn that the founder of the global company that's supplying the decorations for their special day — right down to personalized bride-and-

groom figurines for their wedding cakes — got his start in the business when he was still playing in the rough-and-tumble world of junior hockey.

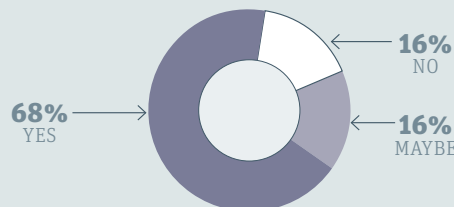
Meet Rick Brink of Weddingstar, a company with 70 employees and warehouses in North America, Europe and Australia with its headquarters in an unlikely location — just outside Medicine Hat, Alta.

**THE CANADIAN PRESS**



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Twitter

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Yes Sir! Bubba Watson wins the Masters! One for us lefties!! #yyc

@kujoblais:

Leaving #yyc hello paris!!!

@Realtor\_Cory:

It's aggravating to overhear #yyc Realtors reinforcing negative stereotypes of NE Calgary, especially to new Calgarians.

@TylerMercier:

Just saw two mule deer on my way to the airport #yyc

@redgypsee:

Lots of people out and about today. Back home after a bite & coffee at the Good Earth. #yyc

@TiaraBeth:

Went for an hour walk in downtown #yyc now off to have Easter dinner. Yummy.



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2

## SCENE

Box office

*Easter feast for Hunger Games*

Film fans are still forking over for *The Hunger Games*, which has taken in \$33.5 million to lead the box office for a third-straight weekend. According to studio estimates Sunday, *The Hunger Games* raised its domestic total to \$302.8 million. It easily out-earned two returning favourites, the *American Pie* sequel *American Reunion* and a 3D version of the blockbuster *Titanic*. Both newcomers opened solidly, though. *American Reunion* pulled in \$21.5 million, the lowest haul since the 1999 original but still a decent return for a comedy franchise whose last chapter came nine years ago. *Titanic* in 3D reeled in \$17.4 million over the weekend, raising its domestic take to \$25.7 million since opening Wednesday.

THE ASSOCIATED PRESS

On the web



Group New Multitudes honour Woody Guthrie with new music based on his unfinished works



Our Lady Peace released their latest album, *Curve*, last week. AARON VINCENT ELKAIM/THE CANADIAN PRESS

# Our Lady Peace had a clumsy path to new disc

**Transformation.** Band came to the brink of a breakup before enlisting the help of a new producer who helped them push their sound forward

The past decade hasn't been an entirely peaceful time for Our Lady Peace.

Frontman Raine Maida concedes that diminishing record sales, a hobbled industry and an occasional feeling of creative aimlessness brought the Toronto band closer to the brink of a breakup than they've otherwise been in nearly 20 years of playing together. But Maida says the alt-rock quartet stayed united

**Toughing it out**

**"I think we all really knew in our hearts we hadn't got there yet."**

Our Lady Peace frontman Raine Maida on the band sticking together through tough times so they could put out their latest album, *Curve*.

in large part because they could sense a creative breakthrough was around the corner, and he feels they've found it with new disc, *Curve*. "I think the last 10 years were probably the most tumultuous, and we never broke up because even when we were really on the cusp of it — of walking away from this — because we hadn't made this record," Maida said during a recent interview in Toronto. "I think we all really knew in our hearts we hadn't got there yet."

The transformative process began the first time the band

got into a room with producer Jason Lader (known for helming discs by Maroon 5, Rilo Kiley and Elvis Costello), who was blunt in summing up his thoughts on some of the material the band was working with at the time.

And Maida said it was crude candour, not tact, that the band needed. "It's like when you're in a relationship for a long time with someone — it gets harder and harder to pull the right things out of people," he said. "I can only push Jeremy (Taggart) so hard as a drummer and he's

only going to say certain things to me as a lyricist ... it's all baby steps. But then we brought Jason in and it's like no baby steps. No filter. This sucks. You guys don't listen to this kind of music, why would you make a record like this? Let's challenge you."

For Maida, the process meant revisiting records that inspired him — early Peter Dinklage and David Bowie — to draw inspiration. The band pushed to find deeper grooves, unusual rhythms and new textures, adding keyboards (or guitars that sounded like keyboards) and new vocal wrinkles to subtly tweak their sound.

It was important to Maida that the band not stray too far from their traditional sound, but instead push it forward.

Largely, the new tunes

sounded a little subtler, a little funkier. The supple *Window Seat* slowly heats to a boil, *Fire in the Hen House* dances atop a nimble bassline while album-closer *Mettle* mixes spoken-word recordings over delicately plucked guitar strings.

The recordings in question came from conversations conducted with 74-year-old Canadian boxing legend George Chuvalo. Maida — a lifelong fan of boxing and mixed martial arts — went to Chuvalo's home with a tape recorder to talk about the boxer's life, which was racked with hardship. Chuvalo lost three of his sons to suicide or addiction and his first wife also took her own life. "There's so much depth to George," Maida said. "He's a fighter in and out of the ring."

THE CANADIAN PRESS

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## Hathaway really dedicated to film role?

Anne Hathaway has reportedly been starving herself for her role as a tuberculosis-stricken prostitute in a new film version of *Les Misérables*, according to the *Daily Mirror*.

Sources say the actress has subsisted on a 500-calorie diet to drop 16 pounds in three weeks — and that's on top of a grueling gym regimen.

"Anne was exercising two hours a day, five days a week," a source says, though her rep insists it's all being blown out of proportion: "The numbers are exaggerated in both pounds and calories." Hathaway's rep says.



Heidi Klum

## Stick a fork in it: Klum and Seal are done

There goes any hope for a reconciliation: Three months after announcing their separation, Heidi Klum has officially filed divorce papers against husband Seal in California, citing "irreconcilable differences," according to TMZ.

The couple's prenuptial agreement reportedly ensures they'll retain separate property and assets, and Klum is seeking primary custody of the couple's four children, with visitation rights for Seal.

## Will Hunger Games director helm the sequel?

After introducing the blockbuster franchise, director Gary Ross will reportedly not be returning to helm the second *Hunger Games* film, according to the *Playlist*.

Ross and the franchise's studio, Lionsgate, were involved in a "tough" back and forth over the deal for *Catching Fire*, the second

installment in Suzanne Collins' book series. Ross was reportedly paid \$3 million for the first film, plus five per cent of its profits. Deadline's Nikki Finke, however, insists the reports are premature, and that Ross has been on vacation with his family while the news of his walking away from the franchise has spread.



Britney Spears ALL PHOTOS GETTY IMAGES

## Jason Trawick to share legal control over Britney Spears

Poor Britney Spears. Sure, she's a famous millionaire, has two cute kids (we can overlook for a moment with whom she had them), and a killer body.

But she's still apparently incapable of looking after her own affairs.

It was announced over the weekend that her fiancé, Jason Trawick, has reportedly filed a petition to be added as one of her conservators, according to E! News.

If approved, Trawick would be in charge of Spears' general well-being, while the singer's father would still be in charge of her multimillion-dollar

fortune. Per *People*, a conservator like Trawick has the legal authority to make decisions over a person's food, clothing and medical care.

Since 2008, Spears' father has held legal control over her, her career, and her fortune after the singer suffered a psychological breakdown.

Sad. Usually you hope a marriage will be an equal partnership in all affairs, but it seems like Spears, 30, is still so medicated/sick that she's incapable of self-sufficiency. This is what America does to its famous young women. Amanda Bynes, take note.

## Klein thanks dog for recovery

American Reunion star Chris Klein knew he had a problem with alcohol thanks to his German shepherd, Chief.

"He would get agitated that the alcohol was coming out, and I will be forever grateful to him for that," Klein, who has been sober for 19 months following a DUI arrest and a stint in

rehab, tells *People* magazine.

"He began to recognize the behaviour shift in me when (I drank) alcohol and his behaviour would change. Anybody that has a meaningful relationship with a dog will understand that the disappointment that I saw in his eyes, (it was) insurmountable."

### Twitter



@SethMacFarlane

This country is so asleep it's kind of a shock that the rest of the world doesn't write on us.



@SteveMartinToGo

I thought yesterday was the first day of the rest of my life but it turns out today is.



@MissKellyO

I love it when my Dad calls me up just for a chat!



@Rihanna

If u love something let it go...if it doesn't come back, hunt it down and kill it

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Amanda Bynes arrested for DUI



THE WORD

Dorothy Robinson  
scene@metronews.ca

Nickelodeon star Amanda Bynes, 26, showed she isn't that innocent by pulling a very Lohan-esque move over the weekend: She drunkenly careened into a police car in the wee hours of Friday morning.

According to *People* magazine, the *Hairspray* actress was arrested for driving under the influence in Los Angeles after colliding with a police car at around 3 a.m. on Friday, after partying at L.A.'s Greystone Manor Club.

"A Los Angeles County Sheriff's Deputy in a marked black and white radio car was stopped at the intersection of ... Robertson Boulevard and Santa Monica Boulevard preparing to turn right onto Santa Monica Boulevard when a black BMW driven by actress Amanda Bynes attempted to pass the right of the radio car, colliding with the right rear quarter panel of the radio car," the West Hollywood Sheriff's office said in a statement.

"There was minor paint transfer damage to both



vehicles. Amanda Bynes was subsequently arrested for driving under the influence and booked at West Hollywood Sheriff's Station."

The actress sported pink-highlighted hair in her mug shot, and after posting \$5,000 for bail, she was spotted the next day in the same leg-baring outfit to retrieve her BMW from an impound lot, according to TMZ.

Look on the bright side, Bynes: The "I'm not drunk. I'm just kinda over it and bored" face you're trying to work in your booking photo is some of the best acting work you've done in years.



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# 3

## LIFE

### Casting Call

## Say Cheese for Gap

Gap is looking for the next faces of BabyGap and GapKids.

Up to five photos and a description of babies ages four and under or kids ages five to 12 can be posted at [gap.com/castingcall](http://gap.com/castingcall) between April 2 and 22.

Winners will receive a \$1,000 gift card to Gap and a \$10,000 donation made in their name to Communities in Schools, a Canadian NFP helping kids to stay in school.

DELIA MACPHERSON, METRO

### On the Web



Divorce expo a low-key counterpoint to multi-million-dollar wedding industry



After 11 years of marriage, Brian and Kathryn Quinn renewed their wedding vows. DEANNA FENECH/ THE ASSOCIATED PRESS

# Walk down the aisle faithfully (again)

**Vow renewal.** Saying, 'I do' a second (or third) time reminds couples of how far they have come

Kathryn Quinn of East Lansing, Mich., is approaching her 11-year anniversary. She and her husband recently renewed their vows on a trip to the Virgin Islands.

"I'm so glad we did it," she said. "This was our first trip away from our children. It was at a beautiful location. The vow renewal was meaningful, and gave us a chance away from our daily life to really celebrate our time together and be grateful for our relationship."

Recommitting to a relationship through vow renewals is becoming more popular, said Susan Southerland, president of Just Marry!, Inc. wedding planners in Orlando.

"In the last three to five years, they've become extremely popular. We've always done one or two throughout the year, but all of a sudden it's become a huge request."

Winifred Brunston of Lancaster, Calif., lost her husband last year. She enjoys looking back to their 35th anniversary, in 2004, when they renewed their vows in the same small church where they got married.

Brunston feels marriage vows mean more over the years because "it lets the spouse know you still love

them enough to marry them again."

Anja Winikka, editor of the wedding *TheKnot.com*, believes one reason for the spike of interest in vow renewals is that some celebrity couples have done it.

Tori Spelling and Dean McDermott filmed their vow renewal for their reality TV show. Holly Robinson Peete tweeted photos after she and former NFL quarterback Rodney Peete recently celebrated their 17-year anniversary by renewing their vows on top of the Empire State Building in New York. Mariah Carey and Nick Cannon are the most consistent; they renew their vows every year.

"You hear about it, and just like any trends in the wedding industry and in

decor and fashion, celebrities certainly do influence us in that way," says Winikka.

Southerland says she recently helped a couple who renew their vows every year. "It's always a surprise, and the husband plans it," she said.

Whether you renew your vows annually or just once, in a small ceremony or as part of a vacation, the cost of saying "I do — again" can vary.

"You can do something that's very simple, that's just the husband and wife standing up with a photographer, and that can be less than \$1,000. Or you can do something where you've invited a bunch of people. I've had people spend upwards of 50 or 60 thousand," Southerland said. **THE ASSOCIATED PRESS**

### The Web

## When kids google you



While I'm proud to be a mommy blogger, I recently found myself in a position where I actually thought, "Crap, I think I may have to stop writing about motherhood." This was thanks to Google. Or rather, thanks to my daughter, who recently learned what Google search is and how to use it. It started when, inspired by her future stepsisters who told her dolls cannot talk, she Google searched "Are stuffed animals real?" One of the things that came up was a post I had written about how my daughter freaked out when she took Ellie (her stuffed animal) into a pool and poor Ellie drowned. (Of course I gave Ellie mouth-to-mouth and she was fine.)

She read the piece. Then: Tears. Lots and lots of tears. "Why did you write that?" my daughter asked, crying, as the truth sunk in. My heart broke.

No matter how open and close I am with my daughter, I just know I'll have a lot of explaining to do one day thanks to all my writing about her. I'm trying to look at the positives, and there is only one thing I can come up with. I've never had a sex tape leaked. And I never plan to film a sex tape. And, I suppose, I'm glad she can...read? **REBECCA ECKLER, MOMMYISH.COM**

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# Upgrade these casual bites



This recipe serves two to four. THE CANADIAN PRESS H/O

## Chicken Fingers. Kids will love dipping these bites into the Caesar Mayonnaise

These chicken fingers will make a perfect weeknight supper. Children love them, so you will have an enthusiastic audience, and the adults in the crowd will appreciate

them as well.

The chicken fingers have a kicked-up crust and tasty Caesar dipping sauce to serve them up with.

Toss in some chopped romaine lettuce for a new twist for your next Chicken Caesar Salad.

1. Cut chicken into strips and dredge in flour. Coat chicken with mayonnaise.

2. In a shallow dish, mix

together breadcrumbs, rind, cajun spice, garlic powder, salt and pepper; toss chicken in mixture to coat evenly.

3. Place chicken strips on a parchment paper lined baking sheet. Bake in 200 C (400 F) oven for about 25 minutes, turning them halfway or until no longer pink inside. Serve with Caesar Mayonnaise.

4. Caesar Mayonnaise: In a

### Ingredients

- 2 boneless, skinless chicken breasts
- 125 ml (1/2 cup) whole wheat flour
- 125 ml (1/2 cup) mayonnaise
- 250 ml (1 cup) whole-wheat or panko breadcrumbs
- 10 mL (2 tsp) grated lemon rind
- 5 mL (1 tsp) cajun spice
- 2 mL (1/2 tsp) garlic powder
- Pinch each salt and freshly ground pepper

### Caesar Mayonnaise

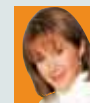
- 125 ml (1/2 cup) mayonnaise
- 30 mL (2 tbsp) freshly grated Parmesan cheese
- 15 mL (1 tbsp) chopped fresh parsley
- 5 mL (1 tsp) chopped capers
- 5 mL (1 tsp) grated lemon rind
- 5 mL (1 tsp) lemon juice
- Pinch each salt and pepper

bowl, whisk together mayonnaise, cheese, parsley, capers, lemon rind and juice, salt and pepper.

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1,280 calories/ 73 g fat/ 4,300 mg sodium

This is no feast if you're watching your weight. Most of the dish is deep fried, accounting for a day's worth of calories and fat, and three days of sodium.



### Equivalent

One Admiral's Feast is like eating five Arby's roast beef sandwiches in fat.



### Ultimate Feast

600 calories/ 28 g fat/ 3,660 mg sodium

A much better choice since you're getting virtually all steamed seafood, including lobster, shrimp and crab legs, is the Ultimate Feast.



# Get grilling: Hot Dogs with Chili

A spiced up and smoky chili atop a hot dog can sure hit the spot on a semi-warm spring night. It's also a great way to fire up the grill in preparation of warmer evenings ahead.

If there is no time to make the chili before your dinner guests arrive or before the kids come back from their extracurricular activities, be sure to use some leftovers you have in the fridge to jazz up your dog.

Some favourites are onions, sauerkraut, pickles, and relish but you can also add cheese and unique ingredients like avocado.

1. In a large skillet over medium heat, heat the two slices of bacon and half of the onion, stirring occasionally for about 5 minutes or until the bacon is crisp and browned. Add the jalapeno pepper and minced garlic and cook for about 1 minute. Add the ground sirloin and cook stirring and breaking up the meat with the side of a spoon, for about 5 minutes.

2. Add the chipotle chili, paprika, cumin and salt and

mix well. Stir in the tomato sauce and beer; bring everything to a simmer. Reduce the heat to medium-low and simmer, stirring occasionally, for about 10 minutes or until liquid thickens; keep warm.

3. Prepare your grill for direct and indirect cooking over medium heat, 180 to 230 C (350 to 450 F).

4. Cut a few shallow slashes in each hot dog. Wrap the hot dog buns in a foil packet.

5. Grill the hot dogs over the direct medium heat, with the lid closed as much as possible, turning occasionally for 5 to 7 minutes or until the hot dogs are lightly marked on the outside and hot all the way to the centre.

6. During the last 3 minutes of grilling time, warm the packet containing the hot dog buns over indirect medium heat.

7. Place the hot dogs in the buns. Top each one with chili, cheese and remain-

### Ingredients

- 2 slices bacon, finely chopped
- 1 medium white onion, finely chopped, divided
- 15 mL (1 tbsp) minced jalapeno pepper
- 10 mL (2 tsp) minced garlic
- 500 g (1 lb) ground sirloin
- 1 canned chipotle chili in adobo sauce, chopped, or 5 mL (1 tsp) chipotle chili powder
- 5 mL (1 tsp) smoked paprika
- 2 mL (1/2 tsp) each ground cumin and kosher salt
- 1 can (277 mL/8 oz) tomato sauce
- 125 mL (1/2 cup) lager beer, beef broth or water
- 8 all-beef hot dogs (each about 125 g/4 oz)
- 8 hot dog buns
- 250 mL (1 cup) grated sharp cheddar cheese

ing chopped onion. Serve warm.

WEBER'S TIME TO GRILL BY JAMIE PURVIANCE/ THE CANADIAN PRESS/ THIS RECIPE WAS ADAPTED FOR METRO NEWS BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOK.CA.)

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Intelligent water pumps can result in significant cost savings — and help the environment. ISTOCK IMAGES

# Getting water into your glass might be more costly than you think

**Water pumps.** Old, inefficient technology hurts the environment and wastes money

**BEN KNIGHT**  
life@metronews.ca

Water is heavy. And it wants to move in one direction: down.

Human civilization needs water to go up — to the top floors of houses, office blocks, schools, apartment buildings and skyscrapers.

That takes an enormous amount of energy. Studies show about 18.5 per cent of all electrical power is expended moving water — and much of it is being wasted.

So says Jes Munk Hansen, North American president of Grundfos, the world's largest producer of water pumps.

"If you go into a hotel or school or bank and look at their mechanical room, you will see electric pumps that are typically quite old — technology from the '50s and sometimes earlier," he says.

**Wasted power**

## 18.5%

The approximate percentage of all the electrical power produced on Earth that is consumed by water pumps.

"These pumps are not only inefficient by themselves, they basically run all the time because they don't have intelligence to tell them when to run. It's as silly as leaving your car engine running all night."

Hansen says this is a problem that actually feeds on itself. We need energy to move water, and water is essential to producing energy.

"What makes our pumps special is that the motors have added software and electronics. (We make) intelligent pumps that only consume the energy they absolutely need to."

It's a problem most of us aren't even aware of. Hansen says a significant part of his company's work is simply educating landlords that this huge, expensive problem exists in the first place.

The potential savings are staggering.

**Reducing consumption**

Hansen says the bigger a nation's economy, the more energy is consumed pumping water. He also says Europe is a decade ahead of North America in addressing it.

- "There are technologies available today that can solve this," he says. "Consumers can save on their utility bills, the local municipalities and utility companies can reduce their resource consumption, and we make good business out of this. This is also about creating new green jobs."

"If the starting point is that almost 20 per cent of all electricity is consumed by water pumps, imagine if we can take out ... a quarter of that," says Hansen. "That would be an enormous amount, the equivalent of many, many power plants — many nuclear plants."



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**Queen of Green**

## The green way to clean stainless steel



**QUEEN OF GREEN**  
Lindsay Coulter  
green@metronews.ca

**What's a non-toxic cleaner for stainless-steel appliances?**  
Eileen, Ottawa

Did you know Canadians spend more than \$275 million a year on household cleaning products?

We buy these products to fight germs, streaks, stains and odours to keep our homes sparkling clean. But despite what the TV commercials tell us, we don't need a separate stainless steel cleaner, floor cleaner, tub and tile cleaner and counter cleaner. Save your money and simplify!

The best way to clean streaks, smears and smudges from stainless-steel appliances is to use food-grade cleaning ingredients — white vinegar and olive oil.

Step one: dampen a rag with plain olive oil. Then, wipe the surface of your stainless steel fridge. Step two: flip the same rag over and pour enough white vinegar to dampen. Now, wipe the stainless steel surface a

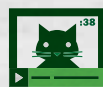
second time — don't forget the fridge door handle.

Olive oil is great for lifting dirt. It also makes a great floor and furniture polish when you add a splash of lemon juice and a squirt of vinegar.

In the midst of a home-cleaning product detox? Take our survey at [davidsuzuki.org/whatsinside](http://davidsuzuki.org/whatsinside) and be entered to win fabulous prizes.

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# Sharability



easy

hard





If you're feeling on the verge of a complete burnout, you may want to examine how attached you are to your current career. ISTOCK

# Feeling confined to your cubicle? Beware of burnout

## Down at your desk.

Study finds workers who feel obligated to stay with their company more likely to experience stress.

Whether you feel a sense of obligation about your work or are staying on the job because you don't see an alternative, new research suggests the end result for employees could be the same: burnout.

According to Montreal researchers, the decision to stick with your company — whether by choice or be-

cause of slim pickings in the job market — can lead to emotional exhaustion, a chronic state of physical and mental depletion resulting from continuous stress and excessive job demands.

The study was conducted by Concordia University, Université de Montreal and HEC Montreal. The findings were published in the journal Human Relations.

Concordia assistant professor and study co-author Alexandra Panaccio and her colleagues surveyed 260 workers from various industries, including information technology, health services, engineering and architecture.

Among participants —

## But why?

**"It may be that, in the absence of an emotional bond with the organization, commitment based on obligation is experienced as a kind of indebtedness — a loss of autonomy that is emotionally draining over time."**

Alexandra Panaccio, assistant professor, Concordia University

aged 34 on average — 33 per cent held managerial positions, while 50 per cent worked in the public sector.

The study found that people who stay in their organizations because they feel an obligation toward their employer are more likely to experience burnout.

A similar effect can also be seen among workers who stay the course because they don't see alternatives for employment outside their current organizations.

Researchers also measured various types of organizational commitments, like whether employees identified with a company's goals and values and whether they felt an obligation to stay.

"It may be that, in the absence of an emotional bond with the organization, commitment based on obligation

## When feeling good feels bad

Researchers also observed that individuals with high self-esteem are most affected by a perceived lack of employment alternatives.

- The result is possibly because that perception is inconsistent with their self-view as important and competent people.

is experienced as a kind of indebtedness — a loss of autonomy that is emotionally draining over time," said Panaccio in a release.

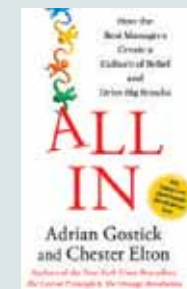
THE CANADIAN PRESS

## On the shelf



## 1501 Ways to Reward Employees

A revamped and overhauled version of his former book 1001 Ways to Reward Employees, Bob Nelson authors a hands-on, how-to guide on motivating and rewarding employees in the trickiest work environments.



## All In: How the Best Managers Create a Culture of Belief and Drive Big Results

Based mostly on a 300,000-person study conducted during the recession, All In is an analysis of management choices that lead to creating a distinctive workplace culture. This 'culture' is determined by a company's mission, values and goals, which are outlined in detail by authors Adrian Gostick and Chester Elton.

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Canadian youth are helping kids and families around the world by participating in the World Vision 30 Hour Famine.

NEWS CANADA

# A Canadian story that is changing the world

**A hunger to help.** A small charity event created by Calgary youth has become a global phenomenon

A In February 1971, 17-year-old Ruth Roberts and 14 friends staged a "starve-in" at a church in Calgary to draw attention to the plight of African children suffering during a continent-wide famine.

"We chose to stop eating for a day-and-a-half so we could understand, even in a small way, what those children were experiencing," recalls Roberts.

The group raised \$600 for World Vision and created a small splash when a local TV station interviewed Roberts. The annual event caught on and soon youth groups and schools were participating across Canada. In the early 1980s, with

#### History

**"We chose to stop eating for a day-and-a-half so we could understand, even in a small way, what those children were experiencing."**

Ruth Roberts, co-founder of 30 Hour Famine

World Vision's support, the 30 Hour Famine became an international fundraiser.

Now, the 30 Hour Famine is a huge event held in 15 countries including Australia, Brazil, Chile, China, Indonesia, Japan, Korea, the Netherlands, New Zealand, Taiwan, Thailand, Singapore, the United Kingdom and the United States.

By going without solid food and consuming only water and juice, teens experience a brief glimpse of what millions of children face every day.

The students increase

awareness in their communities about conditions in developing countries, while raising funds for programs that tackle the root causes of poverty.

The 30 Hour Famine funds community development projects that fight issues affecting some of the world's most vulnerable children, including the lack of access to nutritious food and clean water, education and child protection against trafficking, forced labour and violence.

This month, 60,000 Canadian youth will participate with the goal of raising \$3.6 million.

NEWS CANADA

#### Web

To find out more information about organizing your own event, visit:

- [famine.ca](http://famine.ca)



# Titanic teachings: A league of lessons

**True story.** Educators attempt to balance tragic and triumphant aspects of famous event as Titanic's centennial approaches

Eleven-year-old John Payne has been a student of the Titanic since kindergarten. He has scrupulously researched the ship, built a model out of LEGO freehand and successfully lobbied his fifth-grade teacher in suburban Chicago to let him mark the disaster's centennial with a multimedia presentation for his class.

What's not to like? There's mystery, high technology and heroes. Sunken treasure, conspiracy theories and jarring tales of rich versus poor.

But there's also death, lots of it, and that has some parents, teachers and writers of children's books balancing pot-

## Remembering the good

**"The goal was to remember what the people on board contributed, not so much what happened to them."**

Debbie Shoulders,  
author of T is for Titanic

entially scary details with more palatable, inspirational fare focused on survivors, animals on board or the mechanics of shipbuilding.

John "doesn't ask questions about the dead and other darker aspects" of what went on that moonless night in the North Atlantic," said his mother, Virginia Tobin Payne.

"He's a sensitive kid. We try to temper all of it so it doesn't become an obsession," she said. "After the anniversary passes, I hope we can sort of close the

book on him looking for more information about it."

Barry Denenberg struggled with how to depict the horror in his new book *Titanic Sinks!* The sepia-tone hardcover, written as a mock magazine, was released ahead of the April 14 anniversary and has already made it into schools. The book, from Viking, is intended for kids nine and older and doesn't hold back much as it blends

fact and fiction for a meticulous, realistic feel that draws on the official record.

"There's only one little line in the book about how most of the people froze to death. They did not drown," Denenberg said. "Hypothermia is a much longer death. I had to make a decision about what's accurate and what's ghoulish."

Debbie Shoulders teaches eighth-grade English in Clarks-

ville, Tenn., but her new T is for Titanic alphabet book from Sleeping Bear Press is intended for far younger children.

"The word 'died' doesn't appear often in the book," she said. "We softened it with 'perished' or 'did not live.' The goal was to remember what the people on board contributed, not so much what happened to them."

Tracey Friedlander in

Bethesda, Md., has a Titanic-obsessed nine-year-old, but she doesn't shy away from the rough stuff.

She thinks the story offers teachers and parents perfect real-life lessons on perseverance, loyalty, the dangers of arrogance and the shortcomings of technology as kids learn to sort out the complexities of their own lives.

THE ASSOCIATED PRESS



Titanic enthusiast John Marcus Payne shows off his LEGO model of the Titanic cruise ship in Glencoe, Ill. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

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# We're engaged: Volunteers work to overcome age discrimination

**Let us help.** Young people are showing a growing interest in giving back, but how is their willingness to work being received?

Last summer Kelly Lovell decided to create her own charity

initiative. The Waterloo, Ont., native had been an active volunteer for three years and wanted to run a major fundraiser before she headed to university in the fall.

After founding Dollars for Dreams — which would raise money for Save the Children without any backing from other organizations — Lovell planned a gourmet bake sale at a local mall. All went smoothly



Kelly Lovell, right, stands at a Dollars for Dreams fundraiser that she organized to raise money for Save the Children in Waterloo, Ont., in September 2011.  
HANDOUT/THE CANADIAN PRESS

## Willing and able

**“People don’t expect youth to have the abilities to do things like this, to be in the workforce, to be successful or organize events, and that’s huge discrimination right there.”**

Kelly Lovell, creator of Dollars for Dreams

regulatory requirements, Lovell said she got a call from the mall a day before her event and was told her sale couldn’t go ahead. She then had to call the corporation that ran the mall to get them to override local management’s decision.

“They just don’t trust you. They always think you’re up to something or that you don’t have enough experience,” she says.

Such barriers are exactly what Volunteer Canada is trying to help youth break down.

A report from the organization — which identifies itself as the national voice for volunteerism in Canada — found that youth are generally seen as being in need of services in-

stead of being perceived as a group with skills that can contribute to volunteer initiatives. It also found a feeling among youth that their opinions and insights aren’t valued, respected or taken into account.

“Young people are very engaged, but they contribute the fewest number of hours. We really need to make sure that they’re getting what they want out of a volunteer opportunity,” says Ruth MacKenzie, president and CEO of Volunteer Canada.

“We found that they feel discriminated against when they’re looking for volunteer opportunities, there was assumptions made that they don’t have the skills.”

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until she took some regulatory forms to mall management in person.

“I started to get some problems because they realized how young I was,” says Lovell, who was 19 at the time.

“People don’t expect youth to have the abilities to do things like this, to be in the workforce, to be successful or organize

events, and that’s huge discrimination right there.”

As the latest national figures show youth engagement in volunteering surging ahead, Lovell’s experience underscores the age discrimination many young Canadians are trying to overcome.

In her case, after repeatedly showing that she had met all

## GRAPHIC DESIGNER

Reporting to the Publisher, Metro Calgary the right candidate will join Metro’s dynamic and award winning Creative Services team. We’re looking for an eager Graphic Designer whose portfolio and experience reflects that of print, online and mobile graphic design and who possesses a successful track record of the professional delivery of deadline driven projects in an extremely fast paced environment. The ideal candidate will also possess a good knowledge of print design and production, specifically for newspaper and magazine print advertising, and will have the skill set of an online graphic designer using web based media.

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- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
- Basic understanding of HTML and CSS, ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to [hr@metronews.ca](mailto:hr@metronews.ca) no later than April 20, 2012. PLEASE QUOTE: “Graphic Designer - Calgary” in the subject line. All submissions will be treated as confidential.

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Hockey

## Canada bounces back at worlds

Canada bounced back at the women's world hockey championship on Sunday 3-2 win over Finland in Vermont on Sunday.

Laura Fortino, Caroline Ouellette and Gillian Apps scored for Canada, while goaltender Shannon Szabados made 14 saves for the win.

Venla Hovi scored short-handed and Saija Tarkki also scored for the Finns.

Canada is 1-1 in the tournament after opening with a 9-2 loss to the host U.S. **THE CANADIAN PRESS**

MLB

## Jays miss season-opening sweep

Carlos Santana hit two home runs on his 26th birthday. Derek Lowe pitched seven strong innings and the Cleveland Indians (1-2) beat the Toronto Blue Jays 4-3 Sunday for their first win.

Lowe (1-0) got 15 outs on grounders and allowed two unearned runs in his Indians debut. Edwin Encarnacion had an RBI double and Brett Lawrie a sacrifice fly as Toronto (2-1) tied it at 2 in the fourth.

**THE ASSOCIATED PRESS**

NBA

## Lin feeling good but still expects to miss Round 1

Knicks guard Jeremy Lin said Sunday he feels "pretty good" after knee surgery but doesn't think he could make it back for the first round of the playoffs.

"I think unless something goes really well, I wouldn't get there," Lin said before the Knicks played the Chicago Bulls.

**THE ASSOCIATED PRESS**



Bubba Watson celebrates his win on the second playoff hole on Sunday in Augusta, Ga. ANDREW REDINGTON/GETTY IMAGES

# Bubba brilliant with Masters on the line

**Golf.** Watson makes remarkable shot from trees on playoff hole to secure green jacket

Bubba Watson started the day by watching the rarest shot in golf. He ended another thrill-a-minute Sunday at Augusta National with a signature shot of his own to win the Masters.

So deep in the trees right of the 10th fairway that he couldn't even see the green, Watson hooked a wedge off the pine needles from 155 yards to about 10 feet from the hole.

Quoted

"He hit an unbelievable shot there.... This is not one I felt like I played badly. Great stuff to him. He deserves it."

Louis Oosthuizen after losing in a final-round playoff to Bubba Watson at the Masters.

That set up a par, good enough to beat Louis Oosthuizen on the second playoff hole.

"If I've got a swing, I've got a shot," Watson said.

It was Oosthuizen who set the tone for this wild day with a double eagle — only the fourth in Masters history — on the par-5 second hole when his 4-iron from 253 yards landed on the front of the green and rolled

some 90 feet into the hole for a two.

"Somehow it fell in my hands today," said Watson, who closed with a 68. "It's amazing. It's a blur, the last nine holes I don't remember anything. Somehow I guess I cried all my tears out."

He was blubbering hard on the 10th green, shoulders heaving, for so many reasons. Just

two weeks ago, he and his wife adopted a baby boy, Caleb. The first person on the green was his mother — his father died right after the Ryder Cup in 2010. And suddenly, the powerful lefty with a million shots in the bag was a major champion.

"I never got this far in my dreams," Watson said in Butler cabin, where defending champion Charl Schwartzel helped him into the green jacket.

Former British Open champion Oosthuizen was trying to join Gene Sarazen in the 1935 Masters as the only major champions to win with a double eagle in the final round.

**THE ASSOCIATED PRESS**

## Curling. Howard back on top of the world

Canada's Glenn Howard defeated Scotland's Tom Brewster 8-7 to win the gold medal Sunday at the world men's curling championship.

Howard made a draw to the button in the extra end for the victory in Basel, Switzerland.

"Surreal is the best word I can come up with," Ontario's Howard said. "I can't believe we actually pulled this thing off."

Brewster had a chance to win it in the 10th end but his stone slid out and he settled for one.

In the extra end, Canada lead Craig Savill hit two nice

ticks and teammates Brent Laing and Wayne Middaugh came through with the necessary takeouts to set up Howard's winning throw.

"It's for the world championship and there's a lot on the line but Glenn makes it 99 times out of 100," Middaugh said. "That's why he's throwing the last puck and there's nobody better to have doing it."

It was the second straight year that Brewster had to settle for silver. He lost to Manitoba's Jeff Stoughton in last year's final in Regina.

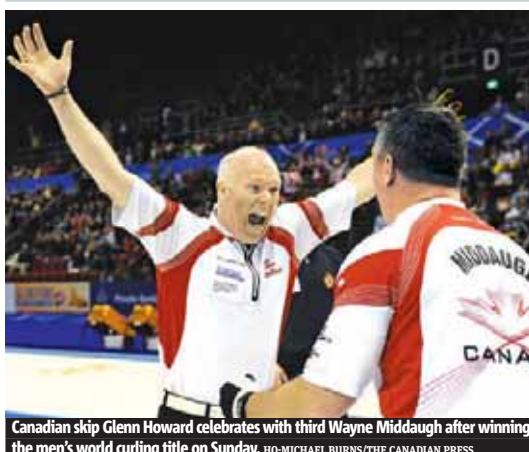
**THE CANADIAN PRESS**

Winning history

Glenn Howard's previous world championship wins came in 1987, 1993 and 2007.

- Sunday's victory was Canada's 34th world championship since the first event in 1959.

- Sweden won bronze earlier Sunday as Sebastian Kraupp defeated Norway's Thomas Ulsrud 9-8.



Canadian skip Glenn Howard celebrates with third Wayne Middaugh after winning the men's world curling title on Sunday. HO-MICHAEL BURNS/THE CANADIAN PRESS

4

SPORTS

Quoted

"Do I want to go on, on a team if we're going to fully rebuild? I don't know that I do. I think Calgary has a very good organization. I think they treat us all well as players and I do think that there's a lot of good things going. When I see some of the young guys this year, it's been a big positive."

Calgary Flames captain Jarome Iginla after a 5-2 season-ending win over the Anaheim Ducks on Saturday. The Flames' all-time leading scorer has a no-trade clause in his contract but there's talk the team may ask him to waive it. Since going to the Stanley Cup final in 2004, the seven seasons since the NHL lockout haven't been rewarding for Calgary. Four first-round playoff losses have been followed by three seasons of not making the post-season.

On the web



The Pittsburgh Penguins and Philadelphia Flyers kick off the NHL playoffs on Wednesday and the animosity between the long-time rivals has only gone up over the past week. The war of words continued Sunday and Flyers forward Scott Hartnell says he expects a "blood-bath" when the series gets underway. Scan the code for the story.

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y-Florida	82	38	26	7	11	203	227	94	21-9-2-9	17-17-5-2	2-3-2-3	W3
x-Pittsburgh	82	51	25	3	3	281	221	108	29-10-2-0	22-15-1-3	6-4-0-0	W1
x-Philadelphia	82	47	26	2	7	264	232	103	22-13-1-5	25-13-1-2	5-4-0-1	L1
x-New Jersey	82	48	28	2	4	228	209	102	24-13-0-4	24-15-2-0	7-2-0-1	W6
x-Washington	82	42	32	4	4	222	230	92	26-11-2-2	16-21-2-2	6-2-1-1	W2
x-Ottawa	82	41	31	6	4	249	240	92	20-17-2-2	21-14-4-2	4-6-0-0	L3
Buffalo	82	39	32	4	7	218	230	89	21-12-3-5	18-20-1-2	6-3-0-1	L2
Tampa Bay	82	38	36	5	3	235	281	84	25-14-1-1	13-22-4-2	6-3-1-0	W1
Winnipeg	82	37	35	6	4	225	246	84	23-13-2-3	14-22-4-1	3-5-2-0	L2
Carolina	82	33	33	10	6	213	242	80	20-14-2-5	13-19-8-1	5-5-0-1	L1
Toronto	82	35	37	5	5	231	264	80	18-16-3-4	17-21-2-1	3-5-1-1	L1
NY Islanders	82	34	34	7	4	203	255	79	17-18-5-1	17-19-3-2	5-5-0-0	L1
Montreal	82	31	35	4	12	212	226	78	16-15-2-8	15-20-2-4	3-3-1-3	W1

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
py-Vancouver	82	51	22	2	7	249	198	111	27-12-0-4	24-12-3-2	8-1-1-0	W1
y-St. Louis	82	49	22	1	10	210	165	109	30-6-1-4	19-16-0-6	4-3-0-3	W1
y-Phoenix	82	42	27	3	10	216	204	97	22-13-2-4	20-14-1-6	7-1-0-2	W5
x-Nashville	82	48	26	3	5	237	210	104	26-10-2-3	22-16-1-2	6-4-0-0	W3
x-Detroit	82	48	28	3	3	248	203	102	31-7-1-2	17-21-2-1	4-4-1-1	L2
x-Chicago	82	45	26	4	7	248	238	101	27-8-1-5	18-18-3-2	6-1-0-3	W1
x-San Jose	82	43	29	5	5	228	210	96	26-12-2-1	17-17-3-4	7-3-0-0	W4
x-Los Angeles	82	40	27	6	9	194	179	95	22-14-0-5	18-13-6-4	6-2-1-1	L2
Calgary	82	37	29	7	9	202	226	90	23-12-1-5	14-17-6-4	3-2-3-2	W2
Dallas	82	42	35	1	4	211	222	89	22-16-0-3	20-19-1-1	3-7-0-0	L5
Colorado	82	41	35	4	2	208	220	88	22-17-1-1	19-18-3-1	3-5-1-1	L2
Minnesota	82	35	36	2	9	177	226	81	20-17-1-3	15-19-1-6	6-4-0-1	L1
Anaheim	82	34	36	5	7	204	231	80	21-18-2-0	13-18-3-7	4-5-0-1	L1
Edmonton	82	32	40	4	6	212	239	74	18-17-3-3	14-23-1-3	4-4-2-0	L3
Columbus	82	29	46	2	5	202	262	65	17-21-1-2	12-25-1-3	6-4-0-0	W2

x — clinched playoff berth; y — clinched division; z — clinched conference; d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## PLAYOFFS

## FIRST ROUND

CONFERENCE QUARTER-FINALS  
(Best-of-7)

## EASTERN CONFERENCE

## N.Y. RANGERS (1) VS. OTTAWA (8)

## Thursday's game

Ottawa at N.Y. Rangers, 7 p.m.

## Saturday, April 14

Ottawa at N.Y. Rangers, 7 p.m.

## BOSTON (2) VS. WASHINGTON (7)

## Thursday's game

Washington at Boston, 7:30 p.m.

## Saturday, April 14

Washington at Boston, 3 p.m.

## FLORIDA (3) VS. NEW JERSEY (6)

## Friday, April 13

New Jersey at Florida, 7 p.m.

## PITTSBURGH (4) VS. PHILADELPHIA (5)

## Wednesday's game

Philadelphia at Pittsburgh, 7:30 p.m.

## Friday, April 13

Philadelphia at Pittsburgh, 7:30 p.m.

## WESTERN CONFERENCE

## VANCOUVER (1) VS. LOS ANGELES (8)

## Wednesday's game

Los Angeles at Vancouver, 10:30 p.m.

## ST. LOUIS (2) VS. SAN JOSE (7)

## Thursday's game

San Jose at St. Louis, 7:30 p.m.

## PHOENIX (3) VS. CHICAGO (6)

## Thursday's game

Chicago at Phoenix, 10 p.m.

## NASHVILLE (4) VS. DETROIT (5)

## Wednesday's game

Detroit at Nashville, 8 p.m.

## MLB

## AMERICAN LEAGUE

## EAST DIVISION

	W	L	Pct	GB
Baltimore	3	0	1.000	—
Tampa Bay	3	0	1.000	—
Toronto	2	1	.667	1
Boston	0	3	.000	3
New York	0	3	.000	3

## CENTRAL DIVISION

Detroit	3	0	1.000	—
Kansas City	2	1	.667	1
Chicago	1	2	.333	2
Cleveland	1	2	.333	2
Minnesota	0	3	.000	3

## WEST DIVISION

Seattle	3	1	.750	—
Texas	2	1	.667	1/2
Los Angeles	1	2	.333	1 1/2
Oakland	1	3	.250	2

## Yesterday's results

Detroit 13 Boston 12 (11 inn.)

Cleveland 4 Toronto 3

Baltimore 3 Minnesota 1

Tampa Bay 3 N.Y. Yankees 0

Kansas City 7 L.A. Angels 3

Texas 5 Chicago White Sox 0

## Today's games

L.A. Angels (C) Wilson 0-0 at Minnesota

(Blackburn 0-0), 4:10 p.m.

Chicago White Sox (Sale 0-0) at Cleveland

(Tomlin 0-0), 7:05 p.m.

N.Y. Yankees (Nova 0-0) at Baltimore (Matusz

0-0), 7:05 p.m.

Boston (Doubont 0-0) at Toronto (Alvarez 0-0

7), 7:07 p.m.

Seattle (Noesi 0-0) at Texas (Darvish 0-0),

8:05 p.m.

Kansas City (Mendoza 0-0) at Oakland

(Milone 0-0), 10:05 p.m.

## NATIONAL LEAGUE

## EAST DIVISION

	W	L	Pct	GB
New York	3	0	1.000	—
Washington	2	1	.667	1
Philadelphia	1	2	.333	2
Miami	1	3	.250	2 1/2
Atlanta	0	3	.000	3

## CENTRAL DIVISION

St. Louis	3	1	.750	—
Cincinnati	2	1	.667	1/2
Houston	2	1	.667	1/2
Pittsburgh	2	1	.667	1/2
Chicago	1	2	.333	1 1/2
Milwaukee	1	2	.333	1 1/2

## WEST DIVISION

Arizona	3	0	1.000	—
Los Angeles	3	1	.750	1/2
Colorado	1	2	.333	2
San Diego	1	3	.250	2 1/2
San Francisco	0	3	.000	3

## Yesterday's results

N.Y. Mets 7 Atlanta 5

Cincinnati 6 Miami 5

Pittsburgh 5 Philadelphia 4

Houston 3 Colorado 2

St. Louis 9 Milwaukee 3

Chicago Cubs 4 Washington 3

San Diego 8 L.A. Dodgers 4

Arizona 7 San Francisco 6

## Today's games

Miami (Sanchez 0-0) at Philadelphia (Hamel

0-0), 1:05 p.m.

San Francisco (Zito 0-0) at Colorado (Chacin 0-

0), 4:10 p.m.

Milwaukee (Marcum 0-0) at Chicago Cubs

(Volstad 0-0), 7:05 p.m.

St. Louis (Westbrook 0-0) at Cincinnati (Bai-

ley 0-0), 7:10 p.m.

Washington (Jackson 0-0) at N.Y. Mets (Pel-

frey 0-0), 7:10 p.m.

Atlanta (Beachy 0-0) at Houston (Happ 0-0),

8:05 p.m.

## SOCCER

## ENGLAND

## PREMIER LEAGUE

## Yesterday's results

Manchester United 2 Queens Park Rangers 0

Arsenal 1 Manchester City 0

## SCOTLAND

## PREMIER LEAGUE

## Yesterday's result

Hibernian 1 Motherwell 1

## FRANCE

## LIGUE 1

## Yesterday's results

Caen 1 Bordeaux 0

Nice 2 Lorient 0

Paris Saint-Germain 2 Marseille 1

## SPAIN

## LA LIGA

## Yesterday's results

Levante 2 Atletico Madrid 0

Mallorca 0 Granada 0

Athletic Bilbao 1 Sevilla 0

Real Madrid 0 Valencia 0

## GREECE

## SUPER LEAGUE

## Yesterday's results

Atromitos 0 PAOK 0

Drama 1 Ergotelis 1

OFI 1 Panaitolikos 0

Olympiakos 0 Kerkyra 1

Panathinaikos 3 Panionios 0

Giannena 2 AEK Athens 1

Aris vs. Asteras (abandoned)

## GOLF

## THE MASTERS

## At Augusta, Ga.

## Par 72

## Final Round

## (a-amateur)

## (x-won on second playoff hole)

x-Bubba Watson	69-71-70-68—278
68-72-69-69—278	
Lee Westwood	67-73-72-68—280
71-70-74-69—280	
Matt Kuchar	68-74-65-73—280
Peter Hanson	74-68-66-72—280
Phil Mickelson	72-72-70-69—283
Ian Poulter	71-73-68-72—284
Justin Rose	72-72-72-68—284
Adam Scott	75-70-73-66—284
Jim Furyk	70-73-72-70—285
Fred Couples	72-67-75-72—286
Sergio Garcia	72-68-75-71—286
Kevin Na	71-75-72-68—286
Hunter Mahan	72-72-68-74—286
Graeme McDowell	75-72-71-68—286
Ben Crane	69-73-72-73—287
Bo Van Pelt	73-75-75-64—287
Charles Howell III	72-70-74-72—288
Fredrik Jacobson	76-68-70-74—288
Francesco Molinari	69-75-70-74—288
Geoff Ogilvy	74-72-71-71—288
Brandt Snedeker	72-75-68-73—288
Jason Dufner	69-70-75-75—289
Anders Hansen	76-72-73-68—289
Paul Lawrie	69-72-72-76—289
Keegan Bradley	71-77-73-69—290
Jonhan Bryd	72-71-72-75—290

Leviadiakos vs. Xanthi (postponed, high winds)

## GERMANY

## BUNDESLIGA

## Yesterday's results

Schalke 3 Hannover 0

Hamburger SV 1 Bayer Leverkusen 1

## MLS

## Saturday's results

Montreal 2 Toronto FC 1

New York 4 Columbus 1

Sporting Kansas City 1 Los Angeles 0

San Jose 3 Vancouver 1

D.C. United 0 Seattle FC 0

Real Salt Lake 2 Colorado 0

Chivas USA 2 Portland 1

## LACROSSE

## NLL

## Saturday's results

Toronto 12 Edmonton 8

Buffalo 17 Philadelphia 7

## CURLING

WORLD MEN'S  
CHAMPIONSHIP

## At Basel, Switzerland

## PLAYOFFS

## Yesterday's results

## Bronze Medal

Sweden 9 Norway 8 (extra end)

## Gold Medal



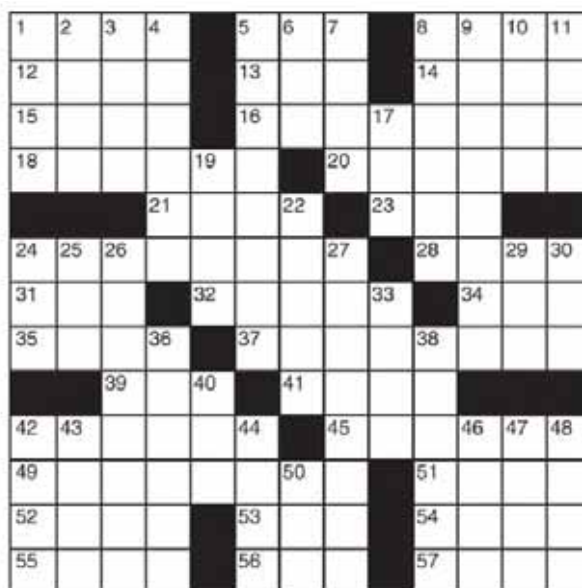
## Crossword

### Across

- 1 Mediocre
- 5 Sibling, for short
- 8 Low voice
- 12 Chew the fat
- 13 Young fellow
- 14 Engaged with
- 15 "— She Sweet?"
- 16 Pyrenees dweller
- 18 Tile art
- 20 Glosses
- 21 Stir-fry pans
- 23 More, to Manuel
- 24 Moderately slow melodies
- 28 Mail org.
- 31 "Gosh"
- 32 Musical transition
- 34 Japanese pond fish
- 35 "How clumsy of me"
- 37 Human-like robots
- 39 Greek vowel
- 41 Smell
- 42 U.S.A. neighbour
- 45 Morale
- 49 Male hormone
- 51 Tortoise's rival
- 52 Versifier
- 53 Snakelike swimmer
- 54 Eager
- 55 Remnants
- 56 Firmament
- 57 Capone foe

### Down

- 1 Con game
- 2 Major U.S. river
- 3 Without (Fr.)
- 4 Capital of 42-Across
- 5 Dark brew
- 6 Scooted
- 7 Probability
- 8 Department
- 9 Social doings at a lodge
- 10 Musial or Laurel
- 11 Half the offspring
- 17 Resistance unit
- 19 Charged bits
- 22 Sheet-music symbol
- 24 Past
- 25 Ultra-modernist
- 26 Hinged (on)
- 27 Just like that
- 29 Legume holder
- 30 Kin of 5-Across
- 33 Cupid's alias
- 36 Opens
- 38 Warbucks' Annie, e.g.
- 40 Commotion
- 42 Part of a Dracula costume
- 43 In due course
- 44 Reacts to time
- 46 Great review
- 47 Rainbow
- 48 Kennedy and Danson
- 50 "A mouse!"



## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's Sudoku

2	4	6	9	7	5	1	0	3
3	8	7	6	1	2	9	4	5
5	1	9	8	3	4	7	6	2
6	7	2	4	9	3	5	1	8
8	3	1	7	5	6	4	2	9
4	9	5	1	2	8	3	7	6
9	2	4	3	6	1	8	5	7
7	6	8	5	4	9	2	3	1
1	5	3	2	8	7	6	9	4

### Yesterday's Crossword



### Cryptoquip

### How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Q Q C H D ' O T B X Z I N Q I S P H K T  
M H I Q G T O H D P N O T T P . Q N ' P  
B H P P Q A X T N L Z N C H D  
K Q S L N A T Z M T W Z O P T I W T O .  
Yesterday's Cryptoquip: SOME YOGURT GOT  
BANNED FROM THE HIGH-CLASS COUNTRY  
CLUB FOR NOT BEING CULTURED ENOUGH.  
Today's Cryptoquip Clue: D equals U



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

## Horoscope

### Aries | March 21 - April 20.

New faces and new places beckon this coming week, so get out and about and have a good time.

### Taurus | April 21 - May 21.

Your ideas may seem sensible to you but other people clearly have doubts and you will have to work hard to convince them.

### Gemini | May 22 - June 20.

Everything seems right with your world and what happens today will confirm your belief that the gods of luck are very much on your side.

### Cancer | June 21 - July 22.

If you feel uncomfortable with something you are doing it is most likely your conscience trying to warn you that you are on the wrong track.

### Leo | July 23 - Aug. 22.

There is no point arguing with people whose beliefs and opinions are so very different to your own.

### Virgo | Aug. 23 - Sept. 22.

Someone you meet today will make such an impression on you that you actually want to be like them.

### Libra | Sept. 23 - Oct. 22.

Don't attach too much importance to what you see or hear around you this coming week.

### Scorpio | Oct. 23 - Nov.

21. Your challenge this week is to keep your more negative emotions under lock and key, even when certain people are clearly trying to provoke you into doing something intemperate.

### Sagittarius | Nov. 22 - Dec.

21. According to the planets you will

accomplish more over the next few days if you take a relaxed view of other people's transgressions.

### Capricorn | Dec. 22 - Jan. 20.

No matter how many things have gone wrong in your life it will all start going right again when Mars turns direct on the 14th. Between now and then just try to relax. You've been far too intense of late.

### Aquarius | Jan. 21 - Feb 18.

Look on the bright side today even if your world seems to be coming apart at the seams.

### Pisces | Feb. 19 - March 20.

What you need to realize now is that you can have only a limited effect on your environment. Once you "get" that fact you won't feel so tempted to interfere in other people's lives — which only makes matters worse.

SALLY BROMPTON

## Weather

### MONDAY



MAX: 9°  
MIN: -6°

### TUESDAY



MAX: 11°  
MIN: -2°

### WEDNESDAY



MAX: 14°  
MIN: -1°



### ANDREW SCHULTZ WEATHER SPECIALIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".  
WEEKDAYS 5:30 AM



## Caption Contest

"So, does Bob know where we're heading?"

Eric B

ANDREW BROWNBILL/THE ASSOCIATED PRESS

### Win!



### You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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